

## **Department of Health seeks volunteer Peer Coach Educators to teach Matter of Balance classes**

The Rockland County Department of Health is currently seeking volunteer Peer Coach Educators to teach the Matter of Balance classes.

***A Matter of Balance: Managing Concerns about Falls*** is a Fall Prevention program for senior citizens that teaches practical strategies to reduce the fear of falling and increase activity levels. It is offered free to the public at various sites throughout Rockland, and is taught by volunteers who are trained to become Peer Coach Educators.

### **Peer Coach Educator Training**

Location: **Spring Valley Campus or RCC**

Room 301, 185 North Main Street, Spring Valley, NY

Time: Fridays, 10 to 12

Dates: April 2, 9, 16, 23, 30, May 7, 14, 21